

Quantum LEAP Activities 2019

Spring Session 2: Friday, April 5th – Wednesday, May 22nd
 Registration Deadline: Friday, March 29, 2019

The Quantum LEAP Recreation Program offers opportunities for socialization, recreation, and athletic activities to people with developmental disabilities. Participants must be at least 18 years of age, reside in Cuyahoga County, and be eligible to receive services from the Cuyahoga County Board of Developmental Disabilities.

Quantum LEAP offers year-round activities in the evenings and on weekends. These activities are specifically designed or adapted for persons with disabilities. Sessions are typically six weeks long and change throughout the year.

To register for these activities, please complete the April – May 2019 Session Registration and return to LEAP or register online at <http://www.leapinfo.org/events> A 2019 Annual Registration is also required to be on file with LEAP for participation.

Walking Club

Date: Mondays, April 8th – May 20th **Time:** 6:00pm – 7:00pm

Description: Walking is proven to be one of the best forms of exercise. As a safe and low impact activity, walking improves cardiovascular health, strengthens bones, and can even boost your mood. Spring Session 2 of Walking Club meet at Highland Picnic Shelter at Euclid Creek Reservation. Come stretch your legs and get some exercise!

Limit: N/A

Number of Sessions: 7

Cost: \$12.00

Location: Highland Picnic Shelter – located off Euclid Creek Parkway, next to the basketball courts

Address: Euclid Creek Reservation, Euclid, OH 44123

Indoor Bocce Ball

Date: Tuesdays, April 9th – May 21st **Time:** 6:00pm – 7:30pm

Description: Bocce Ball has been around for ages. It's a great way to spend time in the company of others. Develop your strategy and test your skills in healthy competition and fun!

Limit: 30 participants

Number of Sessions: 7

Cost: \$35.00

Location: RollHouse Wickliffe – Bocce Ball Courts

Address: 28801 Euclid Ave, Wickliffe, OH 44092

Spring Outside Fun

Date: Wednesdays, April 10th – May 22nd **Time:** 6:00pm – 7:00pm

Description: Spring calls us to get outside and enjoy the sunshine. During this session, we will play a variety of sports and fun games to get in shape for the season. For inclement weather, activities will be held inside unless otherwise stated on the weather cancellation line.

Limit: 60 participants

Number of Sessions: 7

Cost: \$11.00

Location: Mayfield Middle School Soccer Field – Behind the middle school

Address: 1123 SOM Center Rd., Mayfield Heights, OH 44124



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 2545 Lorain Ave, Cleveland, OH 44113
 216.696.2716 www.leapinfo.org
Activity/event cancelation line: 216.456.0840



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Aerobics – Line Dance

Date: Thursdays, April 11th – May 16th – **No class April 25th**

Time: Two classes – Time 1: 6:00pm – 6:45pm **OR Time 2:** 7:00pm – 7:45pm

Description: Exercise is an important part of a healthy lifestyle. Aerobic exercise strengthens your heart and lungs, improves circulation, lowers blood pressure, and increases the amount of energy you have throughout the day. It also promotes deeper sleep and boosts mood. Incorporate fitness components into a full body workout while learning new line dances.

Limit: 35 participants per class time

Number of Sessions: 5

Cost: \$18.00

Location: Mayfield Village Civic Center – **NEW LOCATION**

Address: 6622 Wilson Mills Rd, Mayfield, OH 44143

Game Night #1

Dates: Friday, April 5th **Time:** 6:00pm – 8:00pm

Description: Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, volleyball, basketball, ping pong, and more. Game Nights meet at **Mayfield Middle School**, and include pizza, chips and a beverage.

Limit: 90 participants per date

Number of Sessions: 1

Cost: \$6.00 per date

Location: Mayfield Middle School

Address: 1123 SOM Center Rd, Mayfield Heights, OH 44124

Movie Night

Date: Friday, April 12th **Time:** 6:00pm

Description: From silent films to drive-ins to modern day Blockbusters, movies are a keystone of American culture. During Movie Night, we'll show a film on a drop-down screen at Mayfield Village Civic Center, in their theatre room. Come enjoy a classic night of entertainment, popcorn, and good company. **Movie starts at 6:15pm.** Popcorn and water will be provided.

Limit: 75

Number of Sessions: 1

Cost: \$5.00

Location: Mayfield Village Civic Center

Address: 6622 Wilson Mills Rd, Mayfield, OH 44143



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Blue Ribbon Swim Party

Date: Saturday, April 27th **Time:** 6:00pm – 8:00pm

Description: Come on out for a party in the pool! There's a spacious pool, hot tub, and water features in the aquatic facility at the Solon Community Center. The party will then continue with a meal of pizza, salad, and a cookie. Food will be served at 7:30pm.

Limit: 50 participants

Number of Sessions: 1

Cost: \$10.00

Location: Solon Community Center Indoor Pool

Address: 35000 Portz Pkwy, Solon, OH 44139

Blue Ribbon Fish & Picnic

Date: Sunday, May 5th **Time:** 2:00pm – 4:00pm

Description: Bring your fishing poles, complete with hooks, line, and sinkers; and we'll supply the bait. We'll fish in the pond at Solon's beautifully secluded Timberlake Park. Cleveland Metroparks will show us what fishing is all about and will provide a limited number of fishing poles and tackle. A ham/turkey sandwich picnic lunch will be provided. No fishing license required. A waiver form must be completed by everyone attending.

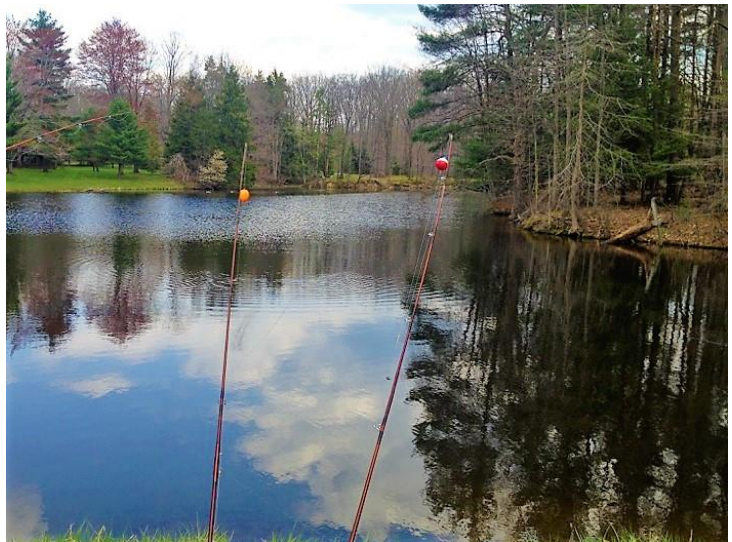
Limit: 10

Number of Sessions: 1

Cost: \$12.00

Location: Timberlake Park – take Aurora Rd. to Pettibone (east), then north on Root Rd.

Address: Root Rd., Solon, OH 44139 – **Please call prior to event for directions**



Game Night #2

Dates: Friday, May 10th **Time:** 6:00pm – 8:00pm

Description: Come unwind and test your skills at a night of strategy, chance, and fun! Participants will participate in board games, volleyball, basketball, ping pong, and more. Game Nights meet at **Mayfield Middle School**, and include pizza, chips and a beverage.

Limit: 90 participants per date

Number of Sessions: 1

Cost: \$6.00 per date

Location: Mayfield Middle School

Address: 1123 SOM Center Rd, Mayfield Heights, OH 44124

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Pizza Bowl

Date: Saturday, May 11th **Time:** 1:00pm – 3:00pm

Description: What a fantastic way to spend a Saturday afternoon! Enjoy two hours of bowling with friends. The cost also covers one slice of cheese pizza, a small soft drink and a small cup of ice cream **for the participant.**

Limit: 90 participants – Six bowlers max per lane

Number of Sessions: 1

Cost: \$16.00

Location: RollHouse Wickliffe

Address: 28801 Euclid Ave, Wickliffe, OH 44092



To access forms and calendars, please visit:

<http://www.leapinfo.org/programsservices/recreation>

* We are now taking online registrations at: <http://www.leapinfo.org/events> *

Important Information

For updates on cancellations of Quantum LEAP events or activities due to weather, or any unforeseen circumstances, please call **216-456-0840**. This line will be updated for cancellations only, 2 hours prior to the start of an event or activity.

For all activities, an aid or assistant (which can be a parent, guardian or caregiver) **MUST BE PRESENT** for assistance. Please contact Jayme or Gary with any accommodation questions.

For questions or concerns, contact

Gary Edler at 216-696-2716 ext. 822

Jayme Jirousek at 216-696-2716 ext. 824

gedler@leapinfo.org or jjirousek@leapinfo.org

After hours: 216-287-9641



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